



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*“From caring comes courage.” – Lao Tzu*

## Caregiver Tip:

Summer brings long, warm sunny days and extreme, hot temperatures that are a potential threat to the health and safety of older adults as age can slow the body's ability to cool itself.

Exposure to high temperatures can cause heat stroke, sunburn and increase the threat of skin cancer. Prolonged hot temperatures also causes dangerous weather conditions, such as storms, that result in power outages and falling debris.

### Caregiver Support Group

**Wednesday, July 1, 2015**

**4—5:30 p.m.**

**Alexandria Adult Day  
Services Center**

Here are ways older adults can minimize the risks of heat exposure .

- Stay hydrated: Drink liquids such as water and fruit juice and avoid alcohol and caffeinated beverages
- Wear light loose clothing, hats, and sunscreen with a SPF of at least 30
- Stay in cool surroundings. If the temperature in your home reaches 85 degrees, move to a cooler place. Movie theatres, malls, senior centers or a community center are places to beat the heat
- Keep an emergency kit handy for severe weather including a battery powered radio, flashlight, and food, water and medicine to last three days

## Resources:

**Cooling Assistance:** The City's Department of Human and Community Services is accepting applications for the cooling assistance program which pays for electric bills and air conditioners. Applications are available at 2525 Mount Vernon Avenue or online at <https://commonhelp.virginia.gov/access/>

**New To Medicare Information Session – July 2, 2015 1:30-3 p.m., 4480 King Street, Room 558, Alexandria, VA 22302 .** This session presented by the City's Division of Aging and Adult Services VICAP Program helps caregivers and people who will be eligible for Medicare to understand the basics of Medicare coverage and choices. To register e-mail [Cedar.dvorin@alexandriava.gov](mailto:Cedar.dvorin@alexandriava.gov) or call 703-746-5999.

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